

There was no complication in the study groups related to nerve block

Conclusion:In conclusion the US-TAP block can reduce post-renal transplantation pain and the amount of opioids consumption intraoperatively and during first 24 hours after surgery in the patients with the same ASA classification.
Keywords: kidney, Transplantation; Nerve block, TAP block ; Pain, Postoperative.

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Evaluation of oral pregabalin effects on postoperative pain control after orthopedic surgery on fracture of lower limbs in Fatemi hospital in 1390

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Background and Aims: postoperative pain is one of the problems that the lack adequate control of it has many complications, and postoperative adequate control of pain has a special importance in terms of preventing the negative complications such as tachycardia, hypertension, myocardial ischemia, decreasing in alveolar ventilation and wound poor improvement. In this study we are evaluating the preoperative administration of pregabalin, its efficiency and safety in pain reduction after lower limbs orthopedic surgery and reduction in narcotic requirement and its relative side-effects.
Material and Methods: this double blind clinical trial study carried out on 60 patients whose were candidates for surgery in Fatemi hospital because of fractures in pelvis, femur and tibia. Patients were allocated to two groups, one group has received a 150 mg pregabalin capsules 2 hours before surgery and the other group has received placebo as a control. In both groups patient's condition was evaluated in 2, 6, 12 and 24 h postoperatively, and so the pain scores of patients based on Visual Analogue Scale VAS criteria by zero to 10 scale ruler, sedation score of patients by Ramsay sedation scoring, nausea and vomiting rate by N&V Score criteria and presence or absence of hallucinations and was recorded in check lists. Then data was analyzed by SPSS v16.
Results: In this study 60 patients were participated that among them 31 patients (51.7%) were male and 29 patients (48.3%) were female. The age averages of these patients in pregabalin and placebo group were 43.66 ± 12.17 and 41.93 ± 11.39 years respectively. Moreover, in this study was observed that in pregabalin group nausea and vomiting

scores in all evaluation hours, sedation rate in hours 2 and 6 as well as pethidin consumption rate in all hours was reduced significantly.

Conclusion: Pregabalin administration preoperatively can be associated with useful pain control for patients. Since this medicine reduced the pethidin consumption, it can although has a slight effect on hospital drug costs.
Key words: Pregabalin, lower limb fracture, pain.

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The strategies for relieving pain associated with dysmenorrhea in female students

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Background and aim: The painful menstruation is one of the common disorders of female sexual organ which is experienced by almost fifty percent of women affected by regular menstrual period and it has an important effect on student's quality of life. The aim of this study was to determine the strategies for relieving pain associated with dysmenorrhea in university students.
Methods: In this cross-sectional study 150 female students of Tarbiat Modares University were selected by random multistage cluster sampling method in 2011. Data were collected by a self-administered questionnaire and analyzed by SPSS software and descriptive statistics.
Results: Only 21.7% of students used non-pharmacological methods for menstrual pain relief. Most of them (82.7%) stated that they used only PRN medications for pain relief, and about 51.7% of them were using pain medications due to pain intensity. Most of them agreed with using complementary and alternative medicine (CAM) such as relaxation techniques (54.3%), massage (62.1%) and distraction (76.2%).
Conclusion: According to the results, students preferred to use drug therapy for the first step of their treatment. Although pain medications are the most effective and most available approaches for pain relief, but these are not the only methods to control it. Because of the side effects of narcotic drugs and the importance of non-pharmacological methods, it is suggested to training students about non-pharmacological methods of pain relief.
Key words: Pain relief methods, Dysmenorrhea, Students

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